



177th FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

SEPTEMBER 2003

RISKS OF SUN EXPOSURE

Skin cancer is the most common type of cancer. More than 600,000 people get it each year. When found early, most people with skin cancer can be cured. By far, the sun causes most skin cancers, however, other things can also cause it:

- Repeated exposure to x-rays.
- Contact with chemicals like coal tar or arsenic.

HOW CAN YOU PREVENT SKIN CANCER?

The best way is to avoid the sun. Try to stay out of the sun from 10am to 3pm when its rays are the strongest.

Cover up. When you are out in the sun, wear wide-brimmed hats, long sleeved shirts and pants. Don't forget to keep your neck covered.

Use a sunscreen with a Sun Protection Factor as high as you can find. Sunscreen keeps out the harmful rays of the sun. Apply it at least 15-30 minutes before going in the sun. Put on more after swimming or sweating.

And remember these points to avoid skin cancer:

- Beware of cloudy days. You can still get burned then.
- The sun's rays can reach through you may feel cool in the water, the sun can still burn you.
- Watch out for the sun in wintertime. Snow reflects sunlight and that can burn you, too.
- Don't use sunlamps, tanning parlors or tanning pills. They can be just as harmful to your body as the

HOW CAN YOU TELL IF YOU HAVE SKIN CANCER?

You can't tell for sure. Only your doctor can. See your doctor if:

- A mole changes size, shape or color.
- There is an unusual growth on your skin.
- Your skin changes color in certain spots.
- A sore won't heal.

Look at your skin. Check moles, spots and birthmarks monthly.

Getting too much sun causes other skin problems, such as red, scaly patches. These can also become cancer. See your doctor for this condition, too.

WHO IS LIKELY TO GET SKIN CANCER?

People who sunburn easily, have fair skin, or have red or blonde hair get skin cancer most often. It is less common in people with black or deep brown skin. However, anyone who spends a lot of time in the sun can get skin cancer. Ninety percent of skin cancers occur on the parts of the body not usually covered with clothing.

This information was obtained from the American Cancer Society. For more information contact the American Cancer Society.

177th FIGHTER WING SAFETY STAFF

MAJOR TIM HASSEL
CHIEF OF SAFETY

CMST ROBERT FUSCO
GROUND SAFETY MANAGER

SMSGT WILLIAM SCHROER
EXPLOSIVE SAFETY

MSGT STEPHEN RUDOWSKI
SAFETY TECHNICIAN

If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.af.mil

COMPUTER MOUSE TRAPS

At this very moment, as you scroll through this story, your mouse may be damaging your neck, back and shoulder muscles.

Eighty percent of computers users report some kind of physical problem related to their use of the machines. A big part of the problem is the rapid rise in the use of the mouse.

Software has become mouse driven, if you do word processing you use it approximately 30 percent of the time.

Because a mouse sits to the side of the keyboard and you must reach out to use it, it puts twice as much stress on your neck, arm and shoulder muscles as a trackball or pointing device mounted in the center of a keyboard. The wider the keyboard, the worse the stress.



Computer users' muscles start to tense within the first minute after they sit down at the keyboard, but hardly any of us is aware of it until much later. Back when we used typewriters, workers got frequent breaks automatically, every

few minutes you had to stop what you were doing to put in a new piece of paper.

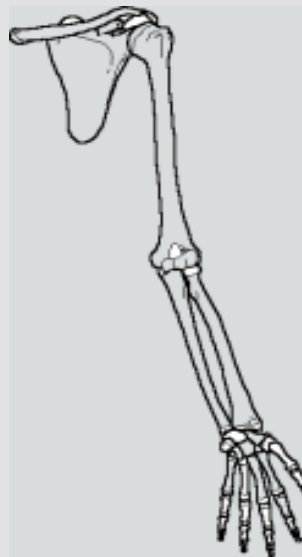
Microbreaks are recommended. Stop working for a second or less every minute or so and drop your shoulders to let the tension go. Also, a couple of five-minute breaks and a 15 minute break every morning and afternoon is recommended.

Hyperventilation has also been found to happen after a few hours at the keyboard. Breathing in and out just a little faster than normal, a worker can start to exhale too much carbon dioxide. As a direct physiological effect, the entire nervous system becomes hypersensitive to stress.

So however ergonomically correct a position you take in front of your computer, staying in place too long can be hard on your muscles, nerves and breathing. The simplest way to avoid most computer-related injuries? Keep moving.

Do You Have All Of These Risk Factors?

Watch Out For Tendinitis



There are three main causes of hand/wrist tendinitis, a painful and costly workplace injury. If any of employee has even one of these factors in any job task, they are at risk of contracting tendinitis. If more than one factor is present in any single job, the risk escalates.

Repetition is the first factor.

The National Institute for Occupational Safety and Health (NIOSH) has concluded that there is evidence for a positive association between highly repetitive work and hand/wrist tendinitis.

Force is the second factor.

NIOSH also found evidence of a link between the forcefulness of exertions involved in a task and the development of hand/wrist tendinitis.

Posture is the third factor.

If a job requires extreme postures, there is some likelihood that the employee will develop hand/wrist tendinitis.

Any one of these three factors can lead to tendinitis on it own, but combine them, and there's an even greater likelihood. NIOSH found that strong evidence exists to show job tasks requiring a combination of high repetitions, forceful exertions and extreme postures increases the risk of hand/wrist tendinitis.

Back to School Safety Tips



As the carefree days of summer give way to the hectic back-to-school season, parents and caregivers should take time to teach and review important safety guidelines with children.

Riding the Bus

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus.

Remember these safety tips:

- ✧ Have your children put everything they carry in a backpack or school bag so that they won't drop things along the way.
- ✧ Have them wear bright, contrasting colors so they will be more easily seen by drivers.
- ✧ Make sure they leave home on time so they can walk to the bus stop and arrive before the bus is due. Running can be dangerous.
- ✧ Have a safe place to wait for your bus, away from traffic and the street.
- ✧ Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- ✧ When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- ✧ Use the handrail to enter and exit the bus.
- ✧ Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- ✧ Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!



Walking and Biking to School

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

- ✧ Mind all traffic signals and/or the crossing guard — never cross the street against a light, even if you don't see any traffic coming.
- ✧ Walk your bike through intersections.
- ✧ Walk with a buddy.
- ✧ Wear reflective material...it makes you more visible to street traffic.
- ✧ Wear bike helmets at all times when bicycling.



Riding in a Car

You might have heard before that most traffic crashes occur close to home ... they do. Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%. You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash. Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.

BE CAUTIOUS, BE AWARE
YOU ARE THE FIRST LINE OF DEFENSE IN PROTECTING OUR CHILDREN

CPSC, CFM Keanall Announce Recall of Gas Grills

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using re otherwise instructed

Name of product: Great Outdoors “Horizon” Gas Grills

Units: About 1,500

Manufacturer: CFM Keanall, of Mississauga, Ontario, Canada

Hazard: Certain wind conditions blowing at these grills can cause overheating or flashbacks under the control panel. Flames could damage the hose that supplies gas to the burner, causing an uncontrolled flame. Also, flames could come in contact with user's hands, resulting in burns.

Incidents/Injuries: Six incidents and no injuries have been reported.

Description: These are Great Outdoors Gas Grills (Horizon Model) with model number GH450SBP and GH450XBP. The model number is on the CSA approval sticker on the back of the front panel. The recalled grills have the words “Horizon” and “Great Outdoors” on the control panel. These are 36,000 BTU 450-square-inch grills. The grill has a dark blue lid and black plastic side shelves with a black frame with a large black front panel. Grills with a florescent label on the carton reading “Contains Safety Enhancement” are not included in the recall. Other model Horizon gas grills are not included in the recall.

Sold at: True Value stores nationwide from February 2003 through June 2003 for between \$180 and \$200.

Manufactured in: China

Remedy: Contact CFM Keanall to receive a free repair kit.

Consumer Contact: Call CFM Keanall toll-free at (888) 532-6255 between 8 a.m. and 7 p.m. ET Monday through Friday and between 12 p.m. and 5 p.m. ET on Saturday.

Media Contact: Sonya Stark, CFM Keanall, at (905) 670-7777.



CPSC, CDX Trading Inc. Announce Recall of Toy Jets

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation. Consumers should stop using recalled products unless otherwise instructed.



Name of product: Falcon Action Toy Jets

Units: About 1,500

Manufacturer: C.D.X. Trading Inc., of Ridgewood,
N.Y.

Hazard: Small parts of the toy jet can detach, posing a choking hazard to young children.

Incidents/Injuries: No injuries have been reported.

Description: The recalled toys are battery-operated, multi-colored toy jet airplanes measuring about 9 inches in length and width. A clear plastic cover over the cockpit exposes a pilot with his hand on the controls. A label on the jet’s wings reads “FALON” (Falcon misspelled). The toy jet plays music and some of the lights flash off and on as the jet propels itself by two small front wheels. “C.D.X. Toys CDL-22338D” and “Made in China” are embossed on a label on the battery compartment lid.

Sold at: Variety and gift stores, flea markets and street-sale vendors sold the toy jets in the New York and New Jersey region from November 2002 through December 2002 for between \$5 and \$7.

Manufactured in: China

Remedy: Return the toy jets to the place of purchase for a full refund or purchasers from street-sale or flea markets can mail the toy to: C.D.X. Trading Inc. at 1576-78 Gates Avenue, Ridgewood, NY 11385-2728 to receive a refund including postage.

Consumer Contact: Contact: C.D.X. Trading Inc. at (718) 821-1600 between 9 a.m. and 5 p.m. ET Monday through Friday.

Media Contact: Chen Dao-Liang at (718) 821-1600

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

HAZARD ALERT

Experts: Put Kids in Back Seat of Car

WASHINGTON - Safety advocates are praising smart air bags, which turn themselves off or deploy softly if they sense a driver or passenger is too small. But they say it's still a lot smarter for drivers to put small passengers in the back seat.

Automakers, in compliance with new federal standards, will begin phasing in the new air bags next Monday, installing them in 20 percent of new vehicles. The new systems, which have weight sensors in the front seats to detect whether drivers or passengers are too small to withstand the force of an air bag, will be in all new vehicles by Sept. 1, 2006.

Advocates and federal safety officials applauded the change Wednesday but also issued a warning.

"We want to make sure parents are clear: Old air bag, new air bag, no air bag, kids are safer in the back seat properly restrained," said Ellen Engleman, chairwoman of the National Transportation Safety Board.

According to the National Highway Traffic Safety Administration, there have been 231 confirmed deaths due to air bags since 1990, including 144 children.

While air-bag deaths have been steadily declining since 1998 as more drivers put children in the back seat, a NHTSA survey last year found that 15 percent of infants, 10 percent of 1- to 3-year-olds and 29 percent of 4- to 7-year-olds were still riding in the front seat.

The Air Bag and Seat Belt Safety Campaign estimates that the lives of 1,700 children have been saved since 1996 because they were sitting in the back seat. The group's survey was based on accident data from 1996 through 2001.

Automakers agree that the advanced air bags are not the answer for small children.

"This is just a safety net, not a primary means for keeping our children safe," said Scott Schmidt of the Alliance of Automobile Manufacturers, which represents ten automakers.

Automakers were allowed to meet the regulations in several ways. They could install air bags that would not deploy if sensors showed the occupant was too small, or they could install air bags that would deploy at a lower speed if the occupant was too small.

So far, Ford Motor Co. is the only automaker in the Big Three who is installing the technology in cars. The 2004 Ford Taurus and Mercury Sable have advanced air bags, said Jim Boland, manager of advanced safety for Ford.

General Motors Corp. has advanced air bags in its 2003 and 2004 pickups and sport utility vehicles.

DaimlerChrysler AG is installing the technology in the 2004 Jeep Liberty and Dodge Durango, spokeswoman Angela Ford said.

NHTSA, <http://www.nhtsa.dot.gov>

Air Bag and Seat Belt Safety Campaign, <http://www.nsc.org/airbag.htm>

Alliance of Automobile Manufacturers, <http://www.autoalliance.org>